

Plengsun Palagab 2006: The Effectiveness of Health — Related Physical Fitness Circuit Training for Mathayomsuksa1 Boy Students Wat Ladsanoon School Changwat Pathum Thani. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education.

Thesis Advisor: Associate Professor Jessada Jearranai, M.Ed. 134 pages

ISBN 974 - 16 - 2409 - 3

The purposes of this research were to investigate and to compare the effectiveness of health - related physical fitness circuit training for Mathayomsuksa1 boy Students Wat Ladsanoon school Changwat Pathum Thani. The samples consisted of 50 boy students which were selected by purposive sampling method and divided into control group and experimental group, 25 boys per group. The instruments of this research were the circuit training program, developed by the researcher that consisted of 8 stations and The AAHPERD Health - Related Physical Fitness Test. The data were analyzed by using mean, standard deviation and the difference between means were determined by t - test, one-way analysis of variance with two dimension repeated measures and Tukey's method was used to compare the difference of pair groups.

The results of the research found that: 1) Health- related physical fitness before and after eight weeks training of the control group was significantly difference at .05 level on sit and reach, sit - up and 1 mile run but body mass index was not significantly difference. 2) Health - related physical fitness before and after eighth weeks of the experimental group was significantly difference at .05 level on sit and reach, sit - up, and 1 mile run but body mass index was not significantly difference. 3) Health- related physical fitness after eighth weeks training between of control group and experimental group were significantly difference at .05 level on sit and reach, sit - up and 1 mile run but body mass index was not significantly difference. 4) Health — related physical fitness before and after the sixth and eighth weeks training of the experimental group was significantly difference at .05 level on sit and reach, sit - up and 1 mile run but body mass index was not significantly difference.

It was concluded that: The circuit training program as designed by the researcher can develop the health-related physical fitness for Mathayomsuksa 1 boys students, Wat Ladsanoon on flexibility of lower back, strength and endurance of Rectus Abdominis and endurance of cardiorespiratory.



Student's signature



Thesis Advisor's signature